

# Moab Adventure Packing List

Girl Scouts will provide equipment needed for paddleboarding via our vendor. Girl Scouts will also provide group gear such as tents, cooking kits, camp stoves, food, and snacks.

- Participants are responsible for all their own clothing and sleeping gear. Girl Scouts can provide ground pads and sleeping bags as needed.

## Clothes

- Underwear/bras: 3 pairs of underwear and 1-2 bras
- Socks: 3 pairs of socks, one pair of heavy wool socks for sleeping
- Shoes: Solid pair of tennis/hiking shoes and 1 pair of water shoes/sandals
- Pants:
  - 2 pairs of pants
  - 2 pairs of shorts
  - 1 pair fleece/other insulated pants for sleeping
- Tops:
  - 2 long sleeve shirts
  - 2 short sleeve t-shirts
  - 1 rain jacket
  - 1 fleece/other insulated top for sleeping
- 1-2 hats or bandanas to protect neck/face from sun
- 1 swimsuit
- 1 towel



## Gear/Hygiene

- Headlamp/flashlight w/ working batteries
- Toothbrush/toothpaste
- Hair brush/hair ties
- Contacts/glasses
- Feminine hygiene products if needed
- Water bottles: 2 bottles, each over 24 oz
- Sunscreen
- Sunglasses
- Lip balm
- Hand warmers
- Day bag/backpack (to carry water bottle, layers, snacks when away from camp – no draw-string backpacks, please)
- Insect repellent
- Biodegradable soap/shampoo

## Sleeping Gear

- Sleeping bag: non-cotton. Preferred temperature rating at or below 15 degrees.
- Pillow

## Optional

- Book
- Journal
- Camera

## Leave at Home

- Candy, gum, sodas, etc.
- Cell phones
- Electronics, or expensive items